Supplementary eTable 1 – online publication

eTable 1. Demographic characteristics of participants

Variable	Intervention n=194 (100%)	Control n=188 (100%)
Mean age, y, mean(SD)	77.4 (8.8)	78.1 (8.5)
Gender, female, n (%)	116 (59.8)	119 (63.3)
Length of stay in hospital, days, median (IQR)	27 (17-45)	25 (18-39.5)
Diagnosis, n (%)		
Stroke/other neurological	27 (13.9)	31 (16.5)
Musculoskeletal/arthritis	28 (14.4)	24 (12.8)
Orthopaedic	60 (30.9)	52 (27.7)
Cardiac/respiratory	18 (9.3)	26 (13.8)
Other geriatric management	61 (31.4)	55 (29.3)
Highest education level attained, n (%)		
Primary	24 (12.4)	30 (15.9)
Grade 10	87 (44.8)	89 (47.3)
Grade 12	20 (10.3)	24 (12.8)
College	36 (18.6)	26 (13.8)
University	27 (13.9)	19 (10.1)
Visual impairment,[a] n (%)	54 (27.8)	41 (21.8)

Hospital admission in year prior to current admission, n (%)	72 (37.1)	93 (49.5)
Fell in 6 months prior to hospital admission, n (%)	141 (72.7)	130 (69.1)
Fell during hospital admission, n (%)	18 (9.3)	17 (9.0)
≥4 medications prescribed at discharge, n (%)	175 (90.2)	167 (88.8)
Psychotropic medications prescribed at discharge n (%)	58 (29.9)	55 (29.3)
Discharge destination, n (%)		
Home alone	83 (42.8)	72 (38.3)
Home with partner	79 (40.7)	65 (34.6)
Home with other	16 (8.2)	35 (18.6)
Other[b]	16 (8.2)	16 (8.5)
Mobility, n (%)		
No aid	23 (11.9)	27 (14.4)
Walking stick	18 (9.3)	22 (11.7)
Walking frame	133 (68.6)	121 (64.4)
Wheelchair	20 (10.3)	18 (9.6)
Mood		
GDS,[c] mean(SD)	4.17 (2.8)	4.22 (2.8)
GDS≥5, n (%)	47 (24.2)	51 (27.1)

Functional ability prior to hospital admission, median (IQR)		
ADL[d]	6 (5-6)	6 (5-6)
IADL[e]	7 (5-8)	7 (5-8)
Functional ability at discharge, ADL,[d] median (IQR)	5 (3-6)	5 (3-6)

Note. ADL, activities of daily living; GDS, geriatric depression score; IADL instrumental activities of daily living; IQR, interquartile range; SD, standard deviation

a glaucoma, cataracts, macular degeneration

b transitional care facility or nursing home

c geriatric depression scale,[32] range from 0 to 15, score >4 indicates presence of depressive symptoms

d ADL measured using Katz index of independence in activities of daily living scale,[27] range from 0 to 6, higher score indicates more independence

e IADL measured using Lawton's instrumental activities of daily living scale,[28] range 0-8, higher score indicates more independence